# pro plan chart no 61

## PACKING A RUCKSACK

**Pack raingear** at the top where you can get it quickly

**Store essentials** such as sunscreen, a compass, maps, and guidebooks in an outer pocket

**Keep First Aid** items accessible

**Waterproof bags** shold be used to store items that must stay dry, particularly spare clothing and your sleeping bag.

**Heaviest items** should sit between your shoulder blades and as close to your back as possible

**Carry your** waterbottle upright where it's accessible

**Lighter items** such as sleeping mats and bags should remain at the bottom of the rucksack

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be prepared